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COCAF News

Important News in This Edition!

See page 23 for information on a 2-day FREE training for adoptive parents, professionals, and advocates.

Are We Nuts?

I'm sitting in my office, looking outside at over 2 feet of snow, watching "Bob," one of many neighborhood squirrels, eating the peanuts I put out for him and all the other "Bobs." I've been feeding the squirrels for a couple of years. They entertain me while I'm supposed to be working. Bob seems especially pleased that I have braved the snow to give him (or her) peanuts today. That's what I like about the squirrels. They never complain that I've given them too many peanuts or not enough. They never complain that they're hard to open or stale or soggy from sitting out in the rain. They don't even complain about only getting peanuts. Wouldn't it be nice if our children were as happy with what we give them?

Do you ever feel like nothing you do for your children is ever enough to make them happy? I do. A lot. It frustrates me, sometimes makes me angry, but mostly it makes me sad. I'm not sure if I'm sadder for my children or for myself, honestly. I wonder why this hole in their hearts can't be filled, no matter how much I put into it. So I keep putting out more nuts, hoping eventually to make forward progress. Some of my family and friends think I'm nuts.

For those of you out there who are having those "why am I doing this" moments like me, know that your answer might take years to surface (like some of the nuts I find every spring when I'm digging up my garden). One of my adopted daughters ran away five years ago. She returned to her birth parents when she was 18, had her own child, and married. She called me soon after the birth of her child, and wanted to reconnect with us. We now talk and meet regularly, and she calls me for parenting advice. Yes, you read that correctly. The same girl who routinely told me that I was the worst parent in the world and she wished I'd never adopted her, calls me and asks me how she should take care of her child. And she listens and follows my advice for the most part. I'm hoping that she can be the parent her birth parents couldn't be, so maybe her child will never have the hole in her heart. So keep filling up those holes, no matter how nuts it may seem, and hopefully you'll eventually see results, too.

Colleen Tarket, COCAF Development Director
Colleen.tarket@cocaf.org

Have You Ever Called Deborah?

How many of you have called or emailed Deborah Cave to ask for information, resources, help dealing with county issues, or just to vent? Deborah **donates hundreds of hours of her time to COCAF every month**, but the other services COCAF provides, like workshops and financial assistance to help adoptive families in crisis, are not free, so without funding, COCAF cannot continue to provide these services.

If Deborah was helpful to you in any way, please consider donating to COCAF so that COCAF can continue to provide you with the best advocacy and assistance possible for adoption-related issues.

There are two easy ways to donate to COCAF:

- Go to <http://www.cocaf.org> and click on the Donate Now button on the upper right corner of the screen. Any amount helps. The site is secure and easy to use.
- If you don't want to donate online, just mail your check to:
COCAF
5702 West 114th Place
Westminster, CO 80020-6831

Providing support to adoptive families is our mission, and we need your help to continue providing this support.

The Year Is Almost Over!

Applewood Plumbing, Heating & Electrical is giving away \$12,000 in 12 months. Applewood is going to give back to the community by donating \$1,000 a month to local nonprofit companies. They will be accepting nominations through the mail or on the web and will choose a winner monthly using a random drawing. The more times COCAF is entered into the drawing, the better our chances of winning. **You may re-enter every month (until COCAF wins!), but you may only enter once per month.** Charities may receive multiple entries, so refer this site to your friends. Please take the time to enter COCAF into this drawing. If COCAF wins, the \$1,000 will be used to continue providing support services to adoptive families.

To enter online, go to: <http://www.applewoodfixit.com/12in12.html>

To complete the form for COCAF, enter the following information:

Non-profit name: COCAF

Non-profit phone number: 303-562-9864

Web site: cocaf.org

COCAF Services

If you are in need of COCAF's services or just want to pass on some information, you may email Deborah Cave, Executive Director, at deborah.cave@cocaf.org.

COCAF Newsletter

If you have items you think would be appropriate for the COCAF newsletter, please forward those items to colleen.tarket@cocaf.org by the 20th of the month for consideration for the next month.

Adoption/Kinship/Foster Information

Resource Center on Fostering Connections Act Launched

On Wednesday, October 7, the first anniversary of passage of the Fostering Connections to Success and Increasing Adoptions Act, a coalition of foundation leaders launched a national resource center in support of implementing the Act. Fostering Connections promotes the safety, permanency, and well-being of children and youth in foster youth, and the Fostering Connections Resource Center will provide nonpartisan, timely, and reliable information to support decision makers in their implementation efforts.

The Resource Center will also provide access to national networks of state-based and local stakeholders organized according to the six major topic areas of the law—adoption, kinship, older youth, tribal child welfare, health, and education. The North American Council on Adoptable Children (NACAC) will serve as the Resource Center's lead partner on adoption issues.

Through its web site (www.fosteringconnections.org) and network partners, the Resource Center will disseminate materials and provide ongoing expertise to state policymakers and administrators. The web site will continue to grow in coming months, adding tools, research, and analyses. Sign up for e-mail alerts and check out the website frequently to learn about implementation activities.

Coordinated by Child Trends and the Finance Project, the Resource Center was made possible by the generous contributions of the Annie E. Casey Foundation, Casey Family Programs, Dave Thomas Foundation on Adoption, Duke Endowment, Eckerd Family Foundation, Jim Casey Youth Opportunities Initiative, Sierra Health Foundation, Stuart Foundation, and Walter S. Johnson Foundation.

For the Life of Me

Aadoptee, NY Times best-selling author, and acclaimed filmmaker Jean Strauss is coming to Colorado for the World Premiere of her new documentary, *For the Life of Me*. Jean has commented that the timing of this event is perfect, since Dave, the subject of the documentary, is an adoptee who goes in search of his birth family after receiving his original birth certificate. Colorado adoptees are now in the exact same position following the Appeals Court Ruling which opened records to those adopted between July 1, 1951, and July 1, 1967.

The film has been accepted as part of the Rocky Mountain Women's Film Festival in Colorado Springs (www.rmwfilmfest.org) and will be shown Saturday, November 7 at 8:30 a.m. on the Colorado College campus in the Armstrong Building. The film will also be showing at the ArgusFest at the Mercury Cafe, 2199 California Street on Sunday, November 8 at 2:00 p.m. Go to <http://www.argusfest.org/category/events/> for more details.

Conferences

2010 Conference on Inclusive Education

Presented by PEAK Parent Center
Hyatt Regency Denver Tech Center, Denver, Colorado
Thursday-Saturday, February 11-13, 2010

This highly engaging conference will provide families, educators, professionals, and other community members with new possibilities for students with disabilities:

- Learn practical strategies for supporting and including students with disabilities in general education classrooms, schools, and communities
- Develop your parental advocacy skills and learn ways to empower your child
- Improve results for students with IEPs
- Energize your teaching practices

Conference topics include:

- Accommodations and Modifications
- Advocacy
- Differentiated Instruction
- Dropout Prevention
- Early Childhood
- Homework Strategies
- Individualized Education Programs (IEPs)
- Legal Issues
- Peer Supports
- Post-Secondary Inclusion
- Progress Monitoring
- Reading and Literacy
- Response to Intervention (RTI)
- Restraints and Seclusion
- Transition

[Click here](#) to sign up for PEAK's mailing list and be sure you are notified when the 2010 brochure is available. Email conference@peakparent.org with any questions.

2010 NAMI National Convention

Washington Hilton, Washington, D.C.

Wednesday-Saturday, June 30-July 3, 2010

What better place to celebrate the Fourth of July than in our nation's capital! Washington's celebration of Independence Day - known locally as A Capitol Fourth -- opens with day-long performances on the National Mall by some of the country's top musicians and ends with a spectacular fireworks display over the Washington Monument accompanied by a live performance by the National Symphony Orchestra. And, it's all free! (The line-up of performers hasn't been announced yet but we'll share it with you as soon as it is.)

The NAMI National Convention is the annual gathering of some 2,500 mental health activists and advocates from all over the U.S. and several foreign countries. Our attendees include:

- Individual who have a mental illness
- Family members on individuals with mental illness
- Health and social policymakers from both the public and private sectors
- Treatment professionals, including psychiatrists, psychologists, licensed counselors, nurses, and social workers. (CEUs are available for nurses, social workers, and licensed counselors.)

Attendees have one overarching reason for attending the NAMI National Convention: improving the lives of people who live with mental illnesses and the lives of the people who love and care for them. Most attendees are responsible for securing or recommending mental health services, products, and information for themselves, loved ones, clients, and patients diagnosed with serious mental illnesses. This conference will help participants learn about the latest information, treatment options, coping strategies, support services, health and wellness information and activities, and legal and financial advice.

NACAC 2010 Conference in New England

Hartford, Connecticut

Wednesday-Saturday, August 4 - 7, 2010

The North American Council on Adoptable Children (NACAC) annual conference is for adoptive parents, foster parents, adoption workers, adoptees, kinship care providers, child welfare administrators, and other members of the adoption and foster care community.

The NACAC conference will feature close to 75 workshops by expert professionals and parents addressing a wide variety of topics, including:

- Parenting children with challenges
- Race, culture, and diversity
- Therapeutic techniques
- Agency management
- International adoption
- Search/open adoption
- Post-adoption services

To put your name on a list to receive a conference announcement in January 2010, please contact NACAC at info@nacac.org or 651-644-3036.

To learn more, visit www.nacac.org.

Children with Disabilities Information

State Special Education Scorecards

The National Center for Learning Disabilities has issued special education scorecards for every state in the nation.

The scorecard includes information on state special education enrollment, including students with learning disabilities, student performance on key indicators, federal funding provided to states in support of special education, plus the state's latest rating by the U.S. Department of Education on its State Performance Plan. (*Scorecards are based on best available data as of September 1, 2009.*)

For more information, go to:

<http://www.nclld.org/on-capitol-hill/policy-related-publications/special-education-scorecards>

Comment on Rules Implementing ADA Amendments Act

Last September 25, 2008, President Bush signed the **Americans with Disabilities Amendments Act of 2008**. The ADA Amendments Act legislatively over turned decisions by the Supreme Court that narrowed the definition of disability under the ADA. Congress found that persons with many types of impairments including epilepsy, diabetes, multiple sclerosis, intellectual disabilities, major depression, and bipolar disorder had been unable to bring ADA claims due to narrow court interpretations of the definition of disability. The ADA Amendments Act emphasizes that the definition of disability should be interpreted broadly to cover individuals to the maximum extent permitted by the terms of the ADA.

Thus, the ADA Amendments Act makes it easier for an individual trying to enforce the ADA to establish that he or she has a disability and is protected under the ADA. The ADA Amendments Act retained the basic definition of disability as an impairment that substantially limits one or more major life activities, a record of such an impairment, or being regarded as having such an impairment. But the Act changes how these terms should be interpreted. These terms are interpreted in the proposed regulations. For example:

1. The Act directs the Equal Employment Opportunity Commission (EEOC) to revise its regulations defining the term "substantially limits;"
2. The Act and the proposed rules expand the definition of major life activities to include reading, bending, and communicating. It also includes as major life activities major bodily functions such as functions of the immune system, normal cell growth, digestive, bowel,

bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions;

3. The Act and the rules state that mitigating measures other than “ordinary eyeglasses or contact lenses” shall not be considered in determining whether a person has a disability. This means that things such as medication, medical equipment and devices, prosthetic limbs, low vision devices, and reasonable accommodations that reduce vision devices, and reasonable accommodations that reduce (mitigate) the impact of an impairment on an individual cannot be considered in determining if the individual has a disability;

4. The Act and rules clarify that an impairment that is episodic or in remission is still considered a disability if it substantially limits a major life activity when it is active.

For more information on the proposed EEOC Rules interpreting the changes in the ADA Amendments Act, the EEOC has provided **Questions and Answers on the Notice of Proposed Rulemaking for the ADA Amendments Act of 2008**. These Questions and Answers provide information on the changes in the ADA itself, as well as information on the proposed rules. Comments are due 60 days from September 24th and can be submitted by mail, fax or electronically. Written comments should be sent to Stephen Llewellyn, Executive Officer, Executive Secretariat, Equal Employment Opportunity Commission, 131 M Street, NE., Suite 4NW08R, Room 6NE03F, Washington, DC 20507. Comments can be faxed to (202) 663-4114 and comments can be sent electronically to <http://www.regulations.gov>.

Colorado Resources

If you're looking for services for your child with disabilities, one of these organizations may be useful:

Parent to Parent of Colorado (a service of CP of Colorado): P2P connects families with other families (through our matching service and our listserv). P2P provides information and referral. P2P publishes a list of statewide parent support groups as well as two resource guides listing general disability resources and disability specific resources. <http://www.p2p-co.org/>

PEAK Parent Center (a non-profit located in Colorado Springs). PEAK is the federally designated Parent Training and Information Center for Colorado under the Individuals with Disability Education Act (IDEA). PEAK offers workshops on understanding IEPs and other topics and an annual conference on inclusive education. PEAK also offers parent advisors who talk with families about school related issues such as IEP's and 504 plans. <http://www.peakparent.org/>

Before and After School Open Sensory Gym

If you have a school-aged child who benefits from sensory inputs like swinging, heavy work, etc., but don't have a way to provide him with this input before and after-school, CCPLD may have the solution.

CCPLD is pleased to announce open gym times for children who have sensory integration and sensory processing difficulties. Two mornings and two afternoons each week they have their sensory-motor room open and available to children and a caregiver for up to an hour at a time.

Please contact CCPLD at 303-333-4982 or visit them online at www.ccpld.com.

CCPLD accepts most private insurance, Medicaid, and Denver Options funding.

Family Enhancement

Nurturing Fatherhood Program

The Aurora Mental Health Center is currently accepting referrals for the *Nurturing Fatherhood Program* starting January 2010. This is a free program for any male caregiver of a child up to age 12. This free, 13-week class will include dinner and a social skills class for children who attend with the participant. The program will be held Thursday evenings from 5:30-7:30 at 11059 E Bethany Dr. Aurora, CO 80014.

The Aurora Mental Health Center is also accepting referrals for fathers or male caregivers of older children that have dual diagnosis. This class will be held on Saturday mornings, and will include breakfast and group for the participants and children.

Participants do not have to have children as open clients at Aurora Mental Health or live in Arapahoe County.

Contact Nancy Regalado at 303-552-6231 to reserve a space in either class, or for additional information.

Mental Health

Custody Relinquishment

A reporter with a major newspaper is working on a story about custody relinquishment. She would like to speak with parents who are in the process of relinquishing custody of their child in order to access treatment for their son or daughter, as well as families who have gone through this process in the past 2 years.

If you would like be considered for this opportunity, please send a short description of your experiences (250 words or less) and your phone number to christinea@nami.org. National Alliance on Mental Health (NAMI) will consider all submissions, but ultimately the reporter will decide which may be the best fit. NAMI will not release your personal information without your consent.

Treatment of Children with Mental Illness

The National Institute of Mental Health has launched a new publication, *Treatment of Children with Mental Illness: Answers to Frequently Asked Questions about the Treatment of Mental Disorders in Children*. To access the fact sheet, visit <http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-illness-fact-sheet/index.shtml>.

BringChange2Mind

BringChange2Mind.org is a not-for-profit organization created by Glenn Close of [the Child and Adolescent Bipolar Foundation \(CABF\)](#) and [Fountain House](#), and Garen and Shari Staglin of [International Mental Health Research Organization \(IMHR\)](#). The organization has two primary priorities:

1. Provide people who have misconceptions about mental illness with quick and easy access to information that combats stigma; and
2. Provide people living with mental illness, and those who know them, quick and easy access to information and support .

The website includes opportunities for individuals living with mental illness and their families to share their personal stories and to participate in the effort to combat stigma. The website also includes information on mental illness and valuable resources for those seeking help.

For more information, go to: www.bringchange2mind.org.

Resources

Colorado Assistance Programs

The Program Eligibility Application Kit, or PEAK, is an eligibility assessment tool, now available online. This is a self-service, interactive website that allows:

- Potential applicants the ability to check for possible eligibility for food assistance, cash assistance, and medical assistance through the “Am I Eligible” function, and
- Existing clients to check the status of their benefits through the “Check My Benefits” function.

The site is in English and Spanish. This is an eligibility assessment tool: people must still apply for benefits.

For more information, go to: Colorado.gov/benefits.

Healthcare Grant for Families

The United Healthcare Children's Foundation (UHCCF) is accepting grant applications for families who have children with critical healthcare treatment, services, or equipment not covered or not fully covered by their parents' health benefit plans.

The foundation provides grants to families to help pay for child healthcare services such as speech therapy, physical therapy, occupational therapy sessions, prescriptions, and medical equipment such as wheel chairs, orthotics, and eyeglasses.

Parents and legal guardians may apply for grants of up to \$5,000 each for child medical services and equipment by completing an online application at the UHCCF website.

For more information, go to: http://www.uhccf.org/apply_applicant.html.

Angels House of Respite

1332 S. Yampa Way, Aurora CO 80017
720-364-7219
www.angelsofcolorado.com

Angels House of Respite, a certified CNA, provides respite and supervision to children with physical and cognitive disabilities. Angels House has two overnight rooms, plus an explore room, fun room, visual and sensory quiet room, outdoor playground, and creative kitchen.

Children and youth, ages 5-18, can be cared for in the center. In addition, Angels of Colorado provides in the home care for children and adults of all ages. (Depending on distance from the center, there may be a charge for mileage.)

Services are \$20 per hour, and in some cases, there is a mileage charge for in-home services. If several days of 24-hour care are being used, the cost is \$200 for every 24-hour period.

Director Jennifer Cardenas has asked that if any adoptive families use the Angels services, that they please identify themselves as adoptive families, so she can track the number of adoptive families Angels is serving.

Transracially Adoptive Families Support Group

A local transracially adoptive families' support group is now expanding to form regional groups (generally, Denver proper, South Suburbs, East Suburbs, West Suburbs, North Suburbs, and Boulder and surrounding areas). All families are welcome to connect with whichever group meets their needs, whether by geography or mix of families they connect with.

The current group includes families whose members are of all races and from several countries. Most of the children are 6 years and younger with just a few of older children. Some of the children have special needs (such as autism or RAD). Some families have both adoptive and biological children.

Interested parents can look up this support group on www.meetup.com; search for "Transracially Adoptive Families." You can then email the coordinator directly or you can make a request to join the group.

Surveys

Transracial Adoptive Families Survey

The University of Maryland Department of Family Sciences and The Center for Adoption Support and Education are working together to facilitate this important national study of transracial adoptive families.

Do you ever wonder..How can I help my teen cope with racial discrimination? What is the most effective way to parent a teen that is a different race than me? When it comes to my minority race child's self-concept, does living in a diverse community make a difference?

If you're an adoptive parent of a teen, this might be your opportunity to be part of a national, cutting-edge research project that could lead to improved services and resources for families like yours.

The specific focus of this study is to examine the impact of family characteristics on the overall adjustment, self-esteem, and racial identity of racial minority youth adopted by Caucasian parents.

You may participate if you are a white adoptive parent of at least one racial minority child who was placed or adopted by the age of 4 and who is now between the ages of 14-18. Both parent and child will be asked to complete a completely confidential 20-minute survey.

For more information on participating in this survey, call 301-405-4011.

Training Opportunities

Helping Children Cope: Reducing Trauma During Placement Moves

Presented by CDHS & The Adoption Exchange

Enita Kearns-Hout, trainer

Tuesday, November 3, 2009, 9:00 a.m. – 12:00 p.m.

Weld County Training Center, Side B, 1104 H Street, Greeley, CO 80631

This half-day course helps foster and adoptive parents work with children to reduce the fear, anxiety, and trauma of a new placement. It includes:

What are the effects of placement moves on children

What can I do as a parent to help reduce a child's fear and anxiety when he is placed in my home

How can I work with other members of the placement team so the placement move does the least amount of harm to the child

Cost: Free to county employees and associated parents; \$7.50 for FCAAC (formerly CPA) network members; \$15 for all others.

For further information: Contact Denise Leffingwell at 303-755-4756, ext. 264, or go to <http://www.cocwtraining.com/ClassLists.asp>

To register: Go to www.cocwtraining.com, CDHS Course Code HCC110309NE

Promoting Placement Stability

Presented by CDHS & The Adoption Exchange

Denise Leffingwell, trainer

Wednesday, November 4, 2009, 9:00 a.m. – 12:00 p.m.

Weld County Training Center, Side B, 1104 H Street, Greeley, CO 80631

This course includes a toolbox you can use in your practice, and the following issues will be explored:

- Best practice approaches to relationship building
- Ongoing training opportunities with resource families
- Structured homework between visits
- Easy progress record keeping for home visits
- Children's challenging behaviors and interventions

Instructor Denise Leffingwell who has over 10 years of social work experience.

Cost: Free to county employees and associated parents; \$7.50 for FCAAC (formerly CPA) network members; \$15 for all others.

For further information: Contact Denise Leffingwell at 303-755-4756, ext. 264, or go to <http://www.cocwtraining.com/ClassLists.asp>

To register: Go to www.cocwtraining.com, CDHS Course Code PPSU110409NE

Raising CEOs: Competent Everyday Organizers

Presented by The Center for Executive Function Skill Development

Sarah Ward, M.S., CCC/SLP, trainer

Saturday November 7, 2009 8:30 a.m. - 3:00 p.m.

Castle Rock Recreation Center, Castle Rock, CO

This class focuses on how to teach your child to efficiently manage his/her own tasks, time, space, and materials (while keeping emotions in check!) Topics include:

- **Awareness** to "tune in" to what is happening around them so they can understand how information, events, and their actions will impact their goals and objectives, both now and in the near future
- **Forethought** to predict the successful outcome of tasks and to know what a "stop spot" looks like
- **The capacity to wait** in order to control a reaction long enough to register and contemplate the outcomes of their choices
- **Planning skills** to estimate how long tasks will take, to be able to sense the passage of time, and to know how to break down the steps for immediate tasks, nightly homework and long term projects
- **The ability to shift** to fluidly transition from one mental mindset to another and to be able to stop doing one activity and then move on to and start new tasks
- **Pace** to speed up or slow down within a given time frame and to persist on tasks even if the tasks are difficult or boring
- **Flexibility** to consider multiple possible solutions to problems, to see the "gray" in a situation, and to avoid having black and white or rigid thinking
- **Tolerance** to manage both expected and unexpected changes in plans, routines and rules, and uncertain or novel situations
- **Processes** for creating and maintaining systems to have clean personal and shared spaces, to organize their personal belongings and school materials
- **Methods** for "how to study" for tests and to retain information

Cost: \$95 for IDA Members/Hillsping Families and Alumni; \$125 nonmembers. Lunch is included.

For further information: Go to www.executivefunctiontherapy.com.

To register: Go to www.dyslexia-rmbida.org.

Fundamentals of Autism & Other Related Disorders

Presented by the Autism Society of Colorado
Saturday, November 7 & 14, 2009
Arapahoe County (location to be announced)
&
Saturday, February 6 & 13, 2010
Jefferson County, Red Rocks Community College

Families of children with developmental disabilities face an extremely challenging task of finding qualified people to care for their loved ones so they can work, attend school, or get a little time for themselves. Whether you care for a child with special needs full-time, part-time, or on an occasional, respite basis, this training may be right for you!

The purpose of the Competent Care for Challenging Children Program (CCCC) is to train licensed and new, in-home childcare professionals to provide competent care to children with challenging behavior. Class topics will include:

- Behavior Strategies
- Communication Challenges
- Building Rapport with Children & Families
- Health/Nutrition/Safety Factors
- Building on Strengths
- Social Skills Difficulties

Cost: Free. Please note that families with a combined income of \$75,00 or less are eligible for individualized consultation AND the training. Other families with a child who has autism or a related behavioral disorder may attend the class for free, but are not eligible for the individualized consultation. (Please contact Sarah McNamee if you're not certain if your child qualifies.)

To register: Mail or fax your registration form to:
Sarah McNamee
Autism Society of Colorado
550 S. Wadsworth Blvd, Suite 100
Lakewood, CO 80226-3116
Fax: 720.274.2744

Key Ingredients for Effective IEPs

Presented by Peak Parent Center

Tuesday, November 10, 2009, 5:30 p.m. – 8:30 p.m.

Pikes Peak BOCES, 4825 Lorna Place, Colorado, Springs, 80915

The fall can be a busy time for families attending IEP meetings. Come learn how to get ready for IEP meetings and how to know if your child has a truly individualized education plan. Bring your child's IEP.

Free childcare is available. Spanish translation may be offered. Contact PEAK Parent Center to request these services by November 3rd.

To register: Go to www.peakparent.org/workshopsTrainings.asp and click on "View Details," or call PEAK at 719-531-9400 or 800-284-0251.

Partnering for Best Outcomes: Training for Parents, Social Workers, & Community Providers

Presented by NACAC Community Champions Network (CNN), COCAF, & COPARC
Friday, November 13, 2009 **and** Saturday, November 14, 2009, 8:30 a.m. - 4:00 p.m.
Daniels Fund, 101 Monroe St., Denver, CO 80206, rooms 126 & 127

This 2-day training workshop is designed for parents, social workers, and other community providers working with adoptive families. Topics will include:

Day 1:

- Adoption 101 Advanced Review
- Normative Developmental Stages in Adoption
- Supporting Families Through Crisis
- When Residential Treatment is Needed

Day 2:

- Fundamentals of Case and Class Advocacy Action
- Subsidy in Colorado – Working with State and County
- Post-Adopt Resources: Current and Envisioned
- Parents and Professionals as Partners
- Action Planning

Cost: \$20 fee (those who attend will be refunded the fee).

For further information and to register: Tanya Hammar at 1-800-451-5246 or by email at tanya@adoptex.org.

Create and Use a Caregiver Notebook

Presented by the Autism Society of Colorado
Saturday, November 14, 2009
Arapahoe County (location to be announced)
&
Saturday, February 13, 2010
Jefferson County, Red Rocks Community College

This class is for family members interested in increasing their success with their child's childcare and respite care providers. Topics include:

- Commit to increasing communication skills and rapport with trained providers
- Participate in group discussions and written and verbal evaluation of the program
- Utilize program professionals as needed to assist with maximizing childcare outcomes

The program also includes follow-up support to address individual behavioral strategies needed by the family and/or care providers.

Qualified autism-trained professionals supervised by a Family and Marriage Counselor/Behavioral Analyst will staff the program.

In addition, the **Competent Care for Challenging Children Program (CCCC)** will assist families to connect to childcare and respite care providers that have been trained in autism and other related disorders.

Cost: Free. Please note that families with a combined income of \$75,000 or less are eligible for individualized consultation AND the training. Other families with a child who has autism or a related behavioral disorder may attend the class for free, but are not eligible for the individualized consultation. (Please contact Sarah McNamee if you're not certain if your child qualifies.)

To register: Mail or fax your registration form to:
Sarah McNamee
Autism Society of Colorado
550 S. Wadsworth Blvd, Suite 100
Lakewood, CO 80226-3116
Fax: 720.274.2744

Twenty Things Adoptive Parents Need to Succeed

Presented by Journey to Me

Sherri Eldridge, trainer

Saturday, November 21, 2009, 8:30 a.m. – 11:30 a.m.

Greenwood Community Church, 5600 E Belleview Ave, Greenwood Village, CO

Adoption author Sherri Eldridge shares her insights on adoption.

Cost: \$25 per couple.

For further information and to register: Go to
<http://www.journeytome.com/events.cfm?event=1005>

Helping Children Cope: Reducing Trauma During Placement Moves

Presented by CDHS & The Adoption Exchange

Enita Kearns-Hout

Monday, November 23, 2009, 6:00 p.m. – 9:00 p.m.

Denver Dept. of Human Services, Rm 1026, 1200 Federal Blvd, Denver, CO 80204

This half-day course helps foster and adoptive parents work with children to reduce the fear, anxiety, and trauma of a new placement. It includes:

- What are the effects of placement moves on children
- What can I do as a parent to help reduce a child's fear and anxiety when he is placed in my home
- How can I work with other members of the placement team so the placement move does the least amount of harm to the child

Cost: Free to county employees and associated parents; \$7.50 for FCAAC (formerly CPA) network members; \$15 for all others.

For further information: Contact Denise Leffingwell at 303-755-4756, ext. 264, or go to
<http://www.cocwtraining.com/ClassLists.asp>

To register: Go to www.cocwtraining.com, CDHS Course Code HCCP112309D

PEAK Parent Center Class Information

303-758-5574 or 1-800-284-0251

denver3mentor@peakparent.org

The following class information has been provided by the PEAK Parent Center:

November 2. *Stress Reduction and Relaxation Techniques.* 7:00-8:30 p.m., Meadows Branch Library, Boulder. For more information, www.BoulderPsychologicalServices.com. FREE.

November 4. *Presentation by Deborah Amesbury, LCSW.* 7:00-8:30 p.m. at Jefferson County Mental Health. Sponsored by NAMI, Jeffco. For more information, call Norm at 303-349-2563. FREE.

November 4 through December 9. *Colorado Visions Class (families with children with mental health needs).* 7:00-8:30 p.m. Series for adults and series for children/adolescents sponsored by NAMI, Colorado. For more information, call 303-321-3104 or tsnow@nami.org. FREE.

November 5. *It's Not About Please and Thank You: Teaching Authentic Social Skills to Children on the Autism Spectrum.* 7:00-8:30 p.m. at Imagine! For more information, contact Autism Society of Boulder County at 720-272-8231. FREE.

November 5. *Family Workshop: Ideas to Organize Your Student and Improve Social Skills.* 6:00-7:30 p.m. at Educational Service Center, Thornton. Adams 12 families only. RSVP to 720-972-4227 or lynn.stasz@adams12.org. FREE.

November 5. *Casual Coffee Connection for Douglas County parents.* 7:00-8:30 p.m., Highlands Ranch. RSVP for directions to dcseac@gmail.com. FREE.

November 5-7. *Parents Encouraging Parents (PEP).* Vail. For more information, 303-866-6845 or visit www.cde.state.co.us/cdesped/PEP.asp. FREE.

November 7. *DD Systems Change Training.* 8:00 a.m.-noon at Unity Church, Denver. For information, 303-220-9228 or pam@arc-ad.org. FREE.

November 7. *Everyday Organizers: Tasks, Time, Space, Materials.* 8:30 a.m.-3:30 p.m., Castle Rock. Sponsored by International Dyslexia Association, Rocky Mountain Branch. For more information, www.dyslexia-rmbida.org. \$.

November 7. *Cherry Creek School District Resource Fair (special education).* 9:30 a.m.-noon. Smoky Hill Public Library. For more information, 720-554-4490 or dvanscoyk@cherrycreekschools.org. FREE.

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November 7 and 14. *Understanding and Shaping Behavior of an Individual with a Disability.* 1:00-4:30 p.m. at Autism Society of Colorado. For more information, 303-803-0045 or sam@towersbehavior.com. \$ (some scholarships).

November 7-8. *Coming Up for Air (Retreat for families with children on autism spectrum).* Easter Seals Camp, Idaho Springs. For more information, call 303-233-1666 x237 or nhanson@eastersealscolorado.org. \$20/person.

November 9. *ADHD: Diagnosis, Challenges and Treatment.* 7:00-8:30 p.m., Meadows Branch Library, Boulder. For more information, www.BoulderPsychologicalServices.com. FREE.

November 10. *Making It Happen: Linking Young Children to Critical Supports and Services with Dr. Paul Dworkin.* 5:30-8:00 p.m. RSVP to 303-602-2971 or lori.leidholm@dhha.org. FREE.

November 11. *Assistive Technology Make and Take.* 9:00 a.m.-4:00 p.m. at Assistive Technology Partners, Denver. To register, 303-315-1280 or Amanda.byrne@ucdenver.edu. \$.

November 12. *My Child Qualifies for Special Education-Now What?* 6:00-8:00 p.m. at Kaiser Elementary School, Denver. For more information, Pamela.Bisceglia@dpsk12.org or 720-423-3571. FREE.

November 12. *Wheelchair Seat Cushions.* 2:30-4:30 p.m., Assistive Technology Partners, Denver. For more information, 303-315-1280 or Amanda.byrne@ucdenver.edu. FREE.

November 14. *Pediatric Durable Medical Equipment Expo and Symposium.* 10:00 a.m.-4:00 p.m. at Infinity Sports Park, Glendale. Sponsored by Kids Mobility Network and The Children's Hospital. To register, www.kidsmobility.org. FREE.

November 15. *Sibling Workshop with author of 'My eXtra Special Brother'.* 10:00 a.m.-2:00 p.m. at The Children's Hospital. For siblings 7-17, lunch provided. RSVP to 720-777-7036 or Ayari.Natalie@tchden.org. FREE.

November 17. *Family Panel on Home & School Partnership- presented by Arc (focus on youth 14+).* 6:30-8:00 p.m. at Autism Society of Colorado, Lakewood. For information, call Bridget at 720-214-0794 x10 or bridget@autismcolorado.org. FREE.

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November 17. *Understanding Why Challenging Behaviors Occur with Children and What You Can Do About It.* 9:00-11:00 a.m. at Developmental Disabilities Resource Center. RSVP to Paula at 303-233-3363. \$.

November 17. *Adapting the Curriculum Using Power Point 2007.* 8:00 a.m.-4:00 p.m. at UC Denver Medical Campus. Sponsored by Assistive Technology Partners. Register at 303-837-1208. \$.

November 17 and December 1. *Understanding Guardianship: A Two Part Series.* 4:00-6:00 p.m. at Developmental Disabilities Resource Center. RSVP to Megan Martin at 303-462-6590. FREE.

November 18. *Special Needs Trusts and Home Ownership (transition to adulthood).* 1:00-3:00 p.m. at Developmental Disabilities Resource Center. RSVP to Megan Martin at 303-462-6590 or megan.martin@ddrcco.com. FREE.

November 18. *The Social and Emotional Side of Dyslexia.* 7:00-8:30 p.m. at Lone Tree Library. RSVP to dyslexiaresourcegroup@comcast.net. FREE.

November 18. *Surviving the Holidays by Deborah Amesbury.* 7:00-8:30 p.m. at NAMI, Denver. For more information, 303-504-6545 or namidenver@nami.org. FREE.

November 19. *Estate Planning for Parents of Children with Special Needs.* 6:00-8:00 p.m. at Benedict's Restaurant, Greenwood Village. Reservations required at 720-529-9800. FREE.

December 2. *Toilet Training-Is It That Time?* 9:00-11:00 a.m. at Developmental Disabilities Resource Center. RSVP to Paula at 303-233-3363. \$.

December 2. *Risk, Resiliency and Resources for Babies, Young Children and Their Families.* 8:30 a.m.-4:00 p.m., University of Colorado, Denver. For more information, info@wonderbabiesco.org or www.jfkpartners.org/Workshops.asp. \$.

December 2. *RTI in Colorado and the Right of Children with Dyslexia and other Disabilities to a Free Appropriate Public Education.* Randy Chapman, speaker. 7:00 p.m. Location to be announced. RSVP to ida_rmb@yahoo.com. FREE.

December 3 (and four all day Saturday sessions during 2010). *Aurora Life Building Project (8-10 young adults ages 21-30 from Aurora with disabilities).* 6:00-8:00 p.m. Register with PEAK Parent Center at 1-800-284-0251. FREE.

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December 5. *Social Skills and Making Friends.* 9:30 a.m.-4:30 p.m. at Autism Society of Colorado. For more information, 303-803-0045 or sam@towersbehavior.com. \$ (some scholarships).

December 7. *Aspergers, Autism and Other Developmental Disorders.* 7:00-8:30 p.m., Meadows Branch Library, Boulder. For more information, www.BoulderPsychologicalServices.com. FREE.

December 9. *Making the Grade: Schools Are Accountable to You.* 6:00-8:00 p.m. Directions for webinar at 303-365-2772 or jeanettec@denvermetroprc.org. FREE.

December 9. *Making the Grade: Schools Are Accountable to You.* 10:00 a.m.-12:00 p.m. Directions for webinar at 303-365-2772 or jeanettec@denvermetroprc.org. FREE.

December 10. *Understanding Special Education: Writing Effective IEP's.* 10:00 a.m.-12:00 p.m. Directions for webinar at 303-365-2772 or jeanettec@denvermetroprc.org. FREE.

December 12. *Family Partnership and Strategies to Support Students with Challenging Behavior.* 10:00 a.m.-1:00 p.m. at Denver Center at Lowry. To register, <http://cccbdbrownbag.eventbrite.com/> or KMcgough@adams50.org. \$10. Free for CEC/CCBD members.

December 14. *Understanding and Dealing with Depression/Bipolar Disorder.* 7:00-8:30 p.m., Meadows Branch Library, Boulder. For more information, www.BoulderPsychologicalServices.com. FREE.

January 15-16. *Courage to Risk (a collaborative conference on special education).* Colorado Springs. Visit www.couragetorisk.org. \$.

February 11-13. *Conference on Inclusive Education.* Denver. Sponsored by PEAK Parent Center. For more information, <http://www.peakparentcenter.org>. \$

March 1 (six Mondays). *Step Up Into Your Life.* Arc of Arapahoe/Douglas transition series (after high school). For more information, call 303-220-9228 or pam@arc-ad.org. FREE.

Just for Fun

No Place Like Home

Presented by the Adoption Alliance

Saturday, November 7, 2009, 5:00 – 9:00 pm

The Westin Westminster, 10600 Westminster Blvd, Westminster, CO

Celebrate the Adoption Alliance's 20th year and honor founding director Virginia Appel at the *No Place Like Home* event. Please join adopted and foster children and their families for a family style meal, storytelling by local storytellers, the sharing of adoption and foster stories, a silent auction and an opportunity to thank Virginia for her vision, passion, and commitment. This event is for children, parents, families, and friends. All funds raised will enable Adoption Alliance to continue the work we have done since 1989: Finding safe, loving homes for children.

Share your experience with other families. Enter your foster family and adoption stories on the Adoption Alliance blog site: <http://adoptionalliance.wordpress.com>.

Cost: \$75 for adults and \$25 for children 10 and under

To register: Go to <http://www.adoptall.org/index.php?s=63>

Celebrate Adoption Day with Sherrie Eldridge

November 20, 2009, 6:30 p.m. - 8:30pm

Greenwood Community Church, 5600 E Belleview Ave, Greenwood Village, CO

Celebrate National Adoption Day by spending Friday night the weekend with Famous Adoption Author, Sherrie Eldridge, and your family.

Bring the kids to this fun, **free** event that will include:

- Sherrie Eldridge reading her children's book "Fingerprints"
- Kids "Fingerprint" activity
- Sweets and treats
- Surprise gift for all adopted kids
- Celebrate to the soul-infused sounds of Colorado's own "Five Foot Fusion"

Cost: Free.

To register: Email Bren@JourneyToMe.com.

Adoption Exchange's 22nd Annual Fantasy Ball

Saturday, November 21, 2009, 6:00 p.m.

The Donald R. Seawell Grand Ballroom, The Denver Performing Arts Complex

The 22nd annual Adoption Exchange's Fantasy Ball will honor Ron & Nastassja Zappolo, recipients of the 2009 Wednesday's Child Award and feature an evening with singer songwriter Kelley Hunt. The event will include cocktails, silent auction, dinner, live auction, and dancing.

Cost: \$175 Individual; \$250 Patron; \$3,000 Table Sponsor

For more information or to buy tickets: Go to www.adoptex.org.

Free All The Time!

Aurora History Museum, 15051 E. Alameda Parkway Aurora, CO. (303) 739-6666.

Tuesday-Friday 9:00 a.m.-4:00 p.m., Saturday & Sunday 11:00 a.m. - 4:00 p.m.

Bluff Lake Nature Center, off of Havana near Stapleton. For more information or clear directions call (303) 945-6717. Open sunrise to sunset.

For a comprehensive list of things to do for free in the Denver area, go to:

<http://www.denver.org/events/free-events>.

Fun Things & Coupons

For coupons for local Colorado activities, go to:

<http://www.coloradokids.com/listings.php?category=funthings&type=funcenter®ion=colorado>

Website Topics

This section contains the headings from some of the previous COCAF newsletter items. Rather than reprint these items in every newsletter, we're providing the name of the article and a link to the information on the COCAF website.

- Adoption-Related Information http://www.cocaf.org/adoption_topics
Adoption Exchange Support Groups Listing <http://www.cocaf.org/support>
Adoptive Families Denver <http://www.cocaf.org/adoptive>
COPARC <http://www.cocaf.org/coparc>
Encouraging Adoption and Helping Families: The Case for Refocusing Federal Funding on Post-Adoption Services
<http://voice-for-adoption.org/downloads/VFA%20postadopt%20paper%20FINAL%207.9.09.pdf>
Foster Care and Adoption Self-Assessment Guide <http://www.cocaf.org/adoption-foster>
Income Taxes & Adoption <http://www.cocaf.org/tax>
Larimer County Alliance for Grandfamilies (LCAG) <http://www.cocaf.org/kinship-larimer>
Starting/ Managing Parent Support Groups
<http://nysccc.org/family-supports/parent-groups/parent-group-management/>
Supporting Children Exposed to Violence <http://endabuse.org/content/features/detail/1314/>
- Adoption Subsidy Information <http://www.cocaf.org/subsidies>
Colorado Subsidy Information <http://www.cocaf.org/adoption-subsidy>
Expanding Title IV-E Adoption Assistance <http://www.cocaf.org/adoption-titleiv>
NACAC Report on Adoption Subsidies <http://www.cocaf.org/adoption-nacac-report>
National Subsidy Information <http://www.cocaf.org/adoption-national>
- Conference Calls/Discussion Boards <http://www.cocaf.org/current-conference>
Child Welfare League of America <http://www.cocaf.org/conference-welfare>
Conscious Connections Talk Radio <http://www.cocaf.org/conference-conscious>
"Listening to Parents" Project Discussion Board <http://www.cocaf.org/conference-listening>
NAMI Children's Conference Calls <http://www.cocaf.org/conference-nami>
- Education <http://www.cocaf.org/education-menu>
Casey "Foster Parent College" Scholarships <http://www.cocaf.org/scholarships-casey>
Expanded Access to College Financial Aid for Former Foster Youth <http://www.cocaf.org/college-aid>
Foster Youth Internship (FYI) Program <http://www.cocaf.org/youth-internship>
Mobility Issues & Special Education <http://www.cocaf.org/mobility>
Online Educational Advocacy Resource <http://www.cocaf.org/edu-advocacy>
Parents of Adults with Disabilities <http://www.cocaf.org/edu-parents>
Reducing Behavior Problems in the Classroom <http://www.cocaf.org/behavior-problems>
Spanish-Language Child Welfare Resources <http://www.cocaf.org/edu-spanish>
- Financial Assistance & Information <http://www.cocaf.org/financial>
Financial Classes <http://www.cocaf.org/financial-classes>
LEAP <http://www.cocaf.org/financial-leap>
United Way's 2-1-1 Service <http://www.cocaf.org/financial-united>
- Health Care <http://www.cocaf.org/healthcare>
Denver Options <http://www.cocaf.org/health-denver>
EPSDT: What It Is & Why It Is Important to Behavior Health Providers? <http://www.cocaf.org/epsdt>

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Medicaid Waiver Information <http://www.cocaf.org/health-medicaidwaiver>
UHCCF Grants for Child Health Care Services <http://www.cocaf.org/health-uhccf>

Legislative Information <http://www.cocaf.org/laws>
Colorado Child Welfare Action Committee <http://www.cocaf.org/legislation-cowelfare>
Emancipation Documents Colorado Legislation <http://www.cocaf.org/legislation-upcoming>
Nebraska Safe Haven Law <http://www.cocaf.org/legislative-nebraska>
Voice for Adoption Child Welfare Legislation Information <http://www.cocaf.org/voice>

Mental Health Care <http://www.cocaf.org/mental-health>
Attention Deficient Disorder Association (ADDA) <http://www.cocaf.org/mental-adda>
Autistic Children: ZAC Browser: Zone for Autistic Children <http://www.cocaf.org/mental-zac>
CHART: Children's Help and Assistance for Residential Treatment <http://www.cocaf.org/mental-chart>
Considering Residential Treatment Programs for Children <http://www.cocaf.org/mental-residential>
COPARC Therapist Database <http://www.cocaf.org/mental-nami>
E.R.I.C. Program <http://www.cocaf.org/mental-eric>
Guide on Bipolar Disorder in Children and Teens <http://www.cocaf.org/mental-bipolar>
Mental Health Websites <http://www.cocaf.org/mental-websites>
NAMI Connections Link <http://www.cocaf.org/mental-nami>
NAMI Guide to Crisis Intervention Programs for Youth <http://www.cocaf.org/nami-crisis>
New Parents and Teachers as Allies Resources <http://www.cocaf.org/mental-allies>
Resources for Youth With a Parent or Sibling Living with a Mental Illness
<http://www.cocaf.org/nami-resources>
Therapeutic Services for Jefferson County Victims <http://www.cocaf.org/mental-therapeutic>
Treatment of Children with Mental Disorders
<http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-disorders/index.shtml>

Services & Resources <http://www.cocaf.org/community>
C.A.S.E. Adoption-Related Services <http://www.cocaf.org/services-case>
Disability Information www.disability.gov
Family Unification Program Housing Choice Vouchers <http://www.cocaf.org/fup>
Grandfamilies State Law & Policy Resource Center <http://www.cocaf.org/grandfamilies>
Kinship Program at Catholic Charities <http://www.cocaf.org/kinship-catholic>
Respite Care Services <http://www.cocaf.org/respice-care>
Respite: Give Me a Break Respite Program <http://www.cocaf.org/respice-break>

Training Resources <http://www.cocaf.org/trainers>
COCAF Calendar <http://www.cocaf.org/event/2009/04/30/month/all/all/1>
Colorado Department of Human Services (CDHS) <http://www.cocaf.org/trainers>
Evan B. Donaldson Adoption Institute <http://www.cocaf.org/trainers>
Foster Parent College (FPC) <http://www.cocaf.org/trainers>
Washington Learning Systems Website <http://www.cocaf.org/training-washington>

Free-For-All <http://www.cocaf.org/free-for-all>
Colorado-for-Free: Things to Do for Free <http://www.cocaf.org/free-colorado>
Free Car Seat Checks <http://www.cocaf.org/carseat>